

## Positive Alternatives 2016 - 17 Quarterly Update

**Grantee (Name and city): Morris life Care Pregnancy Center**

**Contact: Theresa Fisher**

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**Goal: Support, encourage and assist women in carrying their pregnancies to term and in caring for their babies after they are born, as well as provide education to assist in lowering the number of infant mortality in West Central MN**

**For the period/quarter:**

| Activity or Service              | Activity or Service Description<br>Major Work Plan Activities  | Work Plan Count | Program Progress and Accomplishments<br>Report the progress and accomplishments made this period on each activity.   | Report Count |
|----------------------------------|--|-----------------|--|--------------|
| <b>Administrative Activities</b> | Hiring, training, volunteer coordination, staff assessment and all administrative duties. Plan grant activities, build and implement programs. Provide guidance to grant staff; complete grant forms; attend required grant meetings.                    |                 | Complete grant forms, hire Office Manager, train bookkeeping, plan grant activities, update & build / implement programs. Provide guidance to grant staff. Volunteer coordination, staff assessment and administrative duties.   |              |
| <b>Outreach</b>                  | Plan and implement outreach to Hispanic Community; increase promotional activities, advertising, public presentations, networking and outreach efforts of center; and increase staff capacity. Includes FAQ's and Virtual Tour additions to the website. |                 | Planned our outreach to Hispanic community. Planning & designing a Billboard in Spanish. We have built a working relationship with Public Health in Swift County and see clients as necessary in that county. Clients have been focusing on Pregnancy Education, Parenting skills and Education. We are working with Steven's County Human Services to help with parenting and life skills. We have also been meeting clients in Hancock, MN who do not have transportation once a week. We plan to extend these outreaches in other counties; with public presentations, and webinar pieces on our website. |              |

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| <b>Car Seat Program</b>                          | Provide car seats and certified car seat instruction and follow up in an incentive based program. Car Seat education, Car Seat Installation, follow up re-checks and instruction. Host or assist in Public Car Seat events  | 10 - 11 | We have had an excellent response to our car seat program in the past and are planning to provide safety training, instruction and installation of car seats to our clients, as well as re-checks after baby is born. We have provided more instruction as necessary. We plan to assist in Public Car Seat events.  | 5 checks<br>9 installs<br>9 classes total 23 |
| <b>Case Management Services</b>                  | Follow up with each client either in person or by phone following a car seat instruction, an Earn While You Learn Education class, a pregnancy test, STD/STI test, Ultrasound appointment, or Life Coach / Mentorship meeting. Promote healthy connections and choices. | 25      | We are implementing a plan to call or text to each client to follow up after an appointment to see if they would like to schedule another appointment, or if there are any questions or concerns we can help with. We have begun a quarterly follow up plan for all clients using a mailing process.  | 152  |
| <b>Community Educational Live Stream Event</b>   | Healthy Mommas Webcast: Nutrition and Exercise. Promote staying healthy during pregnancy and pre-conception. Hosting a panel of professionals from the community  | 35/yr   | These events are currently in the planning stages.  | NA   |
| <b>Crib Distribution/ Sleep Safety Education</b> | Safe Sleep Education Only provided through Earn While You Learn Programs. This may lead to crib distribution through Birthright in Alexandria or Pack and Play distribution through Cradle of Hope (we are a Pack and Play crib site)                                   | 2 - 3   | We have begun promoting safe sleep education to a large majority of our clients as a necessary safety class.  | 12   |
| <b>Interpreter Services</b>                      | Interpreter on staff who also is a trained Client Advocate as well as Certified Car Seat Technician. Interpreter will be translating documents, website, assisting at   | 100     | We have had a VERY good response to our ability to translate. Translator has helped Theresa in her outreach efforts and the Spanish program has been increasing. We have also been able to meet the needs of our Spanish speaking clients. We have also extended our services to another town to help with lack of transportation. Interpreter has also helped by installing and teaching proper car seat | 107  |

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|   | Education Outreach Events and more   |       | use. She sees all spanish speaking clients and follows up with them afterward.   |     |
| <b>Life-Coaching Education Program</b>                | Life Coach training will be taken online and provided to all clients. Will use life coach method with all Intakes, Earn While You Learn Clients and Pregnancy Test/Ultrasound                          | 6-7   | We have not yet begun the certification training, but will be implementing this very soon  | NA  |
| <b>Nutrition</b>                                      | Provide Nutrition Education and 25 Prenatal vitamin vouchers   | 6-7   | We have not yet become a medical center, but will be implementing this education program as soon as possible.  | NA  |
| <b>Parenting Education</b>                            | Program name: Earn While You Learn Parenting Classes   | 25    | We are using Parenting education as part of our Earn While You Learn program. Many clients have expressed how this program has helped them in their daily lives & in making better choices for their children. | 58  |
| <b>Pregnancy Education</b>                            | Program name: Earn While You Learn Pregnancy Classes   | 38    | We are using pregnancy education as part of our Earn While You Learn Program with good response.   | 149 |
| <b>Pregnancy and Preconception Education Outreach</b> | Community Event for Pregnant and pre-conception women. Provide education and information materials on FAS, Car Seat Safety, Safe Sleep, SIDS. Flyers and brochures. 1 per county / 2 counties per year | 60/yr | This event is currently in the planning stage and will be implemented soon   | NA  |
| <b>Pregnancy Testing</b>                              | Program name: Pregnancy Testing  | 6 -7  | Provide intake assessment for program eligibility, pregnancy test, support, counseling and education.  | 5   |

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| <b>Provide Necessary Services to all clients</b>   | Provide intake assessment to determine need.<br>Provide women with information on, referral to and assistance with securing pregnancy support services. Utilize resource database to provide information and make referrals       | 13   | We have changed our forms to include questions on all necessary services and make a point at each intake to ask about the need for additional services. We then utilize our resource database to provide information and make referrals.  | 13 new clients<br>4 referrals |
| <b>Provide Necessary Services Assessments Only</b> | Provide intake assessment to determine need.<br>Provide women with information on, referral to and assistance with securing pregnancy support services. Utilize resource database to provide information and make referrals       | 2-3  | Assessments without referrals.  | 9                             |
| <b>STI Testing</b>                                 | Provide STI testing and counseling  | 6 -7 | We are currently in the planning and fundraising stages of the STD/STI/Special Infection program, as we are not yet medical.  | NA                            |
| <b>Transportation</b>                              | Transportation vouchers given as bus passes or \$5 gas certificates (not to exceed \$50 per client per year) to clients who have transportation issues in getting to/from classes as well as for specialists in St Cloud or Mpls. | 50   | Provide vouchers for transportation to and from classes and Doctor Appointments and to access free ultrasounds for eligible clients. We have not yet purchased the vouchers, due to a donation, but will be making them available to our clients shortly. We will have some vouchers that are for the local transit bus and some gas only certificates. We will count single ride passes and each gas certificate as one. | NA                            |
| <b>Ultrasound</b>                                  | Provide ultrasound to clients, including assessment, intake, and life coaching/counseling   | 6 -7 | We are currently in the planning and fundraising stages of the ultrasound program, as we are not yet medical.   | NA                            |

| <b>Maternal and Child Health Initiative Task Force Strategies</b>   | No. |
|---|-----|
| <i>Number of women who received car seats and car seat safety education from a PA funded program activity</i>                     | 9   |
| <i>Number of women who received car seat safety education only from a PA funded program activity</i>                              | 5   |
| <i>Number of women who received child abuse prevention education from a PA funded program activity</i>                            | 8   |
| <i>Number of women who received abusive head trauma (shaken baby) prevention education from a PA funded program activity</i>      | 4   |
| <i>Number of women who received a baby bed, crib, or pack-n-play and sleep safety education from a PA funded program activity</i> | 0   |
| <i>Number of women who received sleep safety education only from a PA funded program activity</i>                                 | 8   |

**Challenges:**

**Comments:**